

KINSMEN SPORTSPLEX 855 MacDonald St. W.

Phone 306-694-4483

WATER WORKOUT CLASSES:

NEW CLASSES START THE FIRST OF EVERY MONTH!!! (No Classes on Stat holidays)

Drop-in fee of \$7.50 (\$6.00 members) available provided minimum number of registrations are met.

Water Workout punch cards available: \$75 for 10 punches.

Kinsmen Sportsplex members receive 20% off water workout classes!!

Monday/Wednesday/Friday - Shallow Water 8:05am - 8:55am \$65.00

Start your day with a solid cardio and strength class!

Tuesday/Thursday - Shallow Water 11:40am - 12:30pm \$45.00

A well-rounded workout designed for the not-so-early riser!

Tuesday/Thursday - Shallow Water 3:05pm - 3:55pm \$45.00

This gentle workout is designed to improve mobility and overall wellness.

Tuesday/Thursday - Shallow Water 6:05pm - 6:55pm \$45.00

Start your evening with a challenging and refreshing workout!

Monday/Wednesday - Deep Water Class 7:35pm - 8:25pm \$45.00

Belts are worn to support this high intensity, no-impact class!